



JANUARY NEWSLETTER

What's most important to you?

What is the most important service we offer...safety, hygiene, diet, mobility, companionship, timely medication, exercise...etc? Perhaps many of you will select companionship from the long list of things we do. Companionship is certainly more than “hanging out together”, or “being available”. At its best, it is careful listening. Through listening we provide affirmation of the other. The affirmation one receives provides meaning to our life--and the search for meaning is more fundamental than the drive for pleasure, wealth or power.

Let's listen carefully to each other, affirm and validate each other's finest qualities and thereby deepen the meaning of our lives.

By: John Waddell

Dear Caregivers and Families,

Thank you **ALL** for being a part of Seniors Helping Seniors®.

Please feel free to send an email to Sarah at

sarahcaringseniors@yahoo.com

if you have something you would like to share for next month.

Or you can call her at

440-371-8695.



HAPPY BIRTHDAY

Rolland Hartenfeld

1/16

Christina Oldfield

1/9

James Lloyd

1/13

Beverly New

1/17



REWARD PROGRAM

We have started a New Reward Program to all of our providers. Whenever we receive a positive feedback card from either a client you work for or another provider that you work with you will receive a Seniors Helping Seniors pin. This pin should be attached to the red name badge strap that was provided to all of you. This is not only a way to say thank you from all of us, but also a way for others to see just how you have gone above and beyond in helping others.

Please send in all of your comments and suggestions about your provider or team member to the office.

Provider Of The Month:



FAY KOPIS

Fay has been with us since Aug, 2010

She is such a great blessing to all of the families that she helps.

Fay will be receiving \$50.00 as a Thank You from all of us here at Seniors Helping Seniors

This person will be chosen from the comments and evaluation cards we send out all of our clients. We will also have comments and evaluation cards available for all of our Providers to fill out for each other as well. Please call 440-935-3848 if you would like us to send you one.

God asks us to use what we have and He will have us become what we need.

A HAPPY NEW YEAR

Pins Awarded this Month

- Kathy K.
- Pat G.
- Moura H.
- Melva O.
- Cheri O.
- Lucy C.
- Janet H.
- Helen W.
- Cookie M.
- Margarita W.
- Charlotte R.
- Sherri N.
- Linda S.
- Chris W.
- Marilyn R.

National Eye Care Month

- Have a complete eye exam every 1 to 2 years. Most eye diseases can be treated if detected early.
- Have a test for glaucoma every 1 to 2 years.
- Take extra care if you have diabetes or a family history of eye disease. Have an eye exam every year.
- See an eye doctor immediately if you have any loss or dimness of eyesight, eye pain, double vision, extreme redness.

It does not matter whether we wear corrective lenses or not, or even if we think our eyes are in perfect condition. Getting the regular eye exams is a necessary part of our overall health care, and vital to make sure our continued healthy vision.

Another way you can help us to celebrate National Eye Care Month, is to donate your old eye glasses to local charities or take them to the optometrist to be given to someone who needs them more.

MISSION STATEMENT:

To provide our seniors with the ability to choose an independent lifestyle in their own homes, for as long as possible, with the dignity and respect they deserve by finding caring seniors to help each other.

The goal of Seniors Helping Seniors is to find caring seniors who can provide a service to other seniors in our community or who want a service that other seniors can provide.